

# ROASTED AUTUMN VEGGIES



## INGREDIENTS:

- 2 5 oz sweet potatoes
- 1 small acorn squash
- 2 cups Brussels sprouts
- cooking spray (avocado or grapeseed oil)
- 1/4 cup unsweetened dried cranberries
- 1 tbsp garam masala seasoning
- 2-3 tsp salt

## DIRECTIONS:

1. Pre heat oven to 400 F
2. Cut acorn squash and sweet potatoes into 1/2 inch thick pieces
3. Cut Brussels sprouts in half
4. Place all the veggies in a large bowl, spray with cooking spray and add in salt and seasoning. Toss well.
5. Place aluminum foil for easy clean up on a large baking sheet. Spray with cooking spray
6. Roast for 30 minutes. Toss the veggies, add dried cranberries, and bake for an additional 15-20 minutes or until soft.

Enjoy!

Makes 5 Servings | Serving Size: 6 oz  
Calories: 138 | Protein: 4 g | Carb: 32 g | Fat: 1 g | Fiber: 7 g